

# Rice

## (Parboiled)

This processed, milled commodity is used in all categories of programs as a staple food

### 1. NUTRITIONAL VALUES (per 100 g)

These are average values, taken from the U.S. Department of Agriculture, Agricultural Research Service (USDA:ARS) 1998 USDA Nutrient Database, Release 12, Laboratory Home Page, (<http://www.nal.usda.gov/fnic/foodcomp>). These nutrient values are provided as a guide for use in the calculation of food aid rations; users should be aware that shipments of food aid may vary from these exact values.

### 2. COMPONENTS

100% Rice.

### 3. SPECIFICATIONS

Milled from short, long, or medium grain rice, U.S. Grade No. 5 or better, containing not more than 20 percent broken kernels. Not more than ten days prior to packaging, fumigate with Methyl Bromide or Phostoxin to inhibit infestation by weevils or other insects. The rice shall be long, medium, or short grain milled rice grading U.S. No. 5 or better, except the rice shall be reasonably well-milled and not contain more than 20 % broken kernels.

Unless otherwise specified, milled rice of the special grades "parboiled light" or "parboiled" which meet class and grade specifications shall be acceptable. No specialty rice, including but not limited to aromatic rice, shall be acceptable unless specified in the applicable invitation for offers.

(Source: USDA:FSA:PDD:EOB April, 1996.

Contact 202-690-3565

<http://www.fas.usda.gov/excredits/pl480/commodities/no5rice.htm>)

### 4. PACKAGING

50 kg (110.23 lb.) woven polypropylene bags. This fabric contains an inhibitor to resist ultra-violet absorption along with an anti-skid coating.

Nutrient	Amount	Unit
Water	10.2	g
Energy	371.0	Kcal
Protein	6.8	g
Total Lipid	0.6	g
Carbohydrate	81.7	g
Fiber, total dietary	1.7	g
Ash	0.8	g
Calcium	60.0	mg
Iron	1.5	mg
Magnesium	31.0	mg
Phosphorus	136.0	mg
Potassium	120.0	mg
Sodium	5.0	mg
Zinc	1.0	mg
Copper	0.2	mg
Manganese	0.9	mg
Selenium	23.0	mcg
Vitamin C	0.0	mg
Thiamin	0.1	mg
Riboflavin	0.1	mg
Niacin	3.6	mg
Pantothenic acid	1.1	mg
Vitamin B-6	0.4	mg
Folate	17.0	mcg
Vitamin B-12	0.0	mcg
Vitamin A	0.0	IU
Vitamin E	0.1	mg-ATE
Vitamin D	n/a	IU
Iodine	n/a	mcg

### 5. SHELF LIFE

At least one year. See "Section III: Storage/Shelf Life Specifications" for more information.